

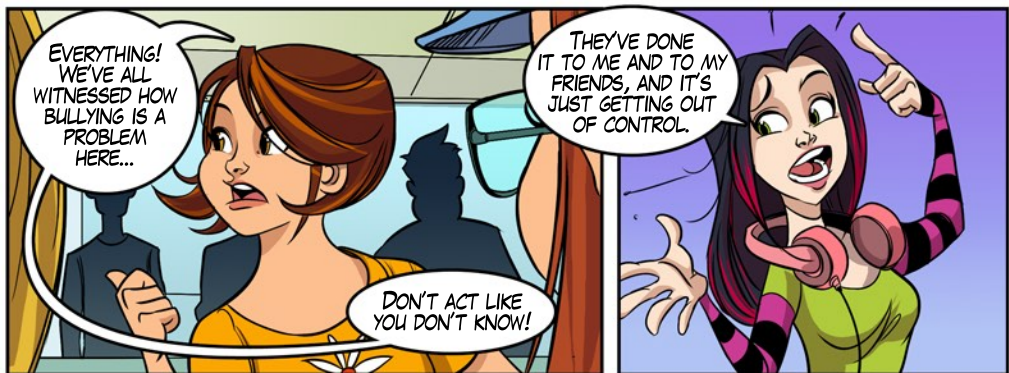


# BE STRONG, SPEAK UP!



WHAT'S GOING ON? WHY WERE WE ALL CALLED IN TO THIS MEETING?

APPARENTLY DANIEL HAS BEEN MISSING SCHOOL FOR THE PAST COUPLE OF DAYS. BUT I'M NOT SURE WHAT THIS HAS TO DO WITH ALL OF US.



EVERYTHING! WE'VE ALL WITNESSED HOW BULLYING IS A PROBLEM HERE...

DON'T ACT LIKE YOU DON'T KNOW!

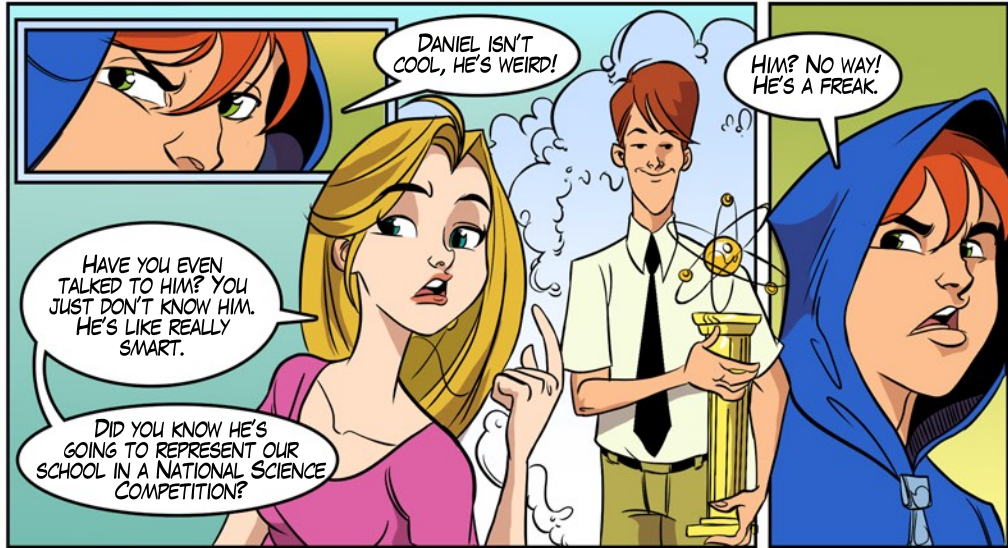
THEY'VE DONE IT TO ME AND TO MY FRIENDS, AND IT'S JUST GETTING OUT OF CONTROL.



DAMON, DON'T ACT LIKE YOU WEREN'T LISTENING; YOU WERE THE ONE WHO WAS TRIPPING HIM AND STEALING HIS LUNCH LAST WEEK.

YEAH, WHATEVER! IT'S NOT MY FAULT HE JUST STANDS THERE AND MAKES ME MAD.

DUDE, WHY ARE YOU SO MAD? DANIEL MAY BE QUIET, BUT HE'S COOL, UNLIKE YOU.



DANIEL ISN'T COOL, HE'S WEIRD!

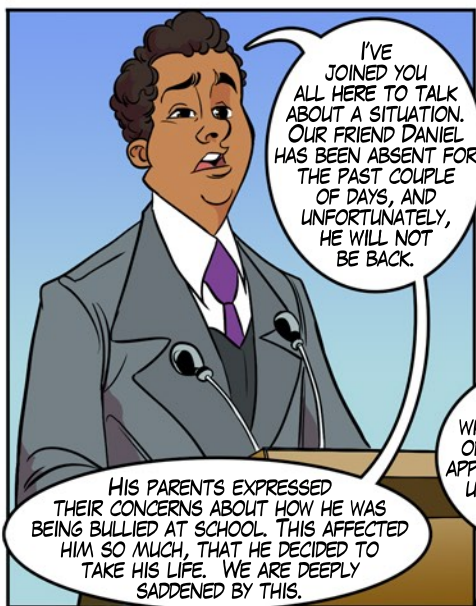
HIM? NO WAY! HE'S A FREAK.

HAVE YOU EVEN TALKED TO HIM? YOU JUST DON'T KNOW HIM. HE'S LIKE REALLY SMART.

DID YOU KNOW HE'S GOING TO REPRESENT OUR SCHOOL IN A NATIONAL SCIENCE COMPETITION?



WHAT'S YOUR PROBLEM? I KNOW WHY YOU DO THIS, BUT THAT DOESN'T MAKE YOU BETTER THAN US. YOU HAVE YOUR FLAWS, AND THERE ARE MANY OF THEM! DON'T TAKE IT OUT ON OTHER PEOPLE!



I'VE JOINED YOU ALL HERE TO TALK ABOUT A SITUATION. OUR FRIEND DANIEL HAS BEEN ABSENT FOR THE PAST COUPLE OF DAYS, AND UNFORTUNATELY, HE WILL NOT BE BACK.

HIS PARENTS EXPRESSED THEIR CONCERNS ABOUT HOW HE WAS BEING BULLIED AT SCHOOL. THIS AFFECTED HIM SO MUCH, THAT HE DECIDED TO TAKE HIS LIFE. WE ARE DEEPLY SADDENED BY THIS.



WE'RE HERE TO REMIND YOU THAT THIS WILL NOT BE TOLERATED. ACTIONS WILL BE TAKEN AGAINST THOSE RESPONSIBLE.

DURING THE NEXT COUPLE OF DAYS WE'LL CONDUCT AN INVESTIGATION TO GET TO THE BOTTOM OF THIS.

I ALSO WANT TO INVITE THOSE WHO FEEL THREATENED OR UNSAFE TO PLEASE APPROACH EITHER ONE OF US, OR AN ADULT YOU TRUST TO TALK ABOUT THIS.

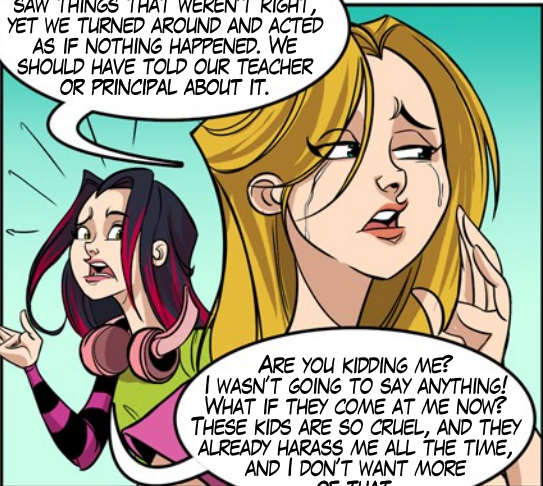


OH DAMON, YOU'RE IN BIG TROUBLE!

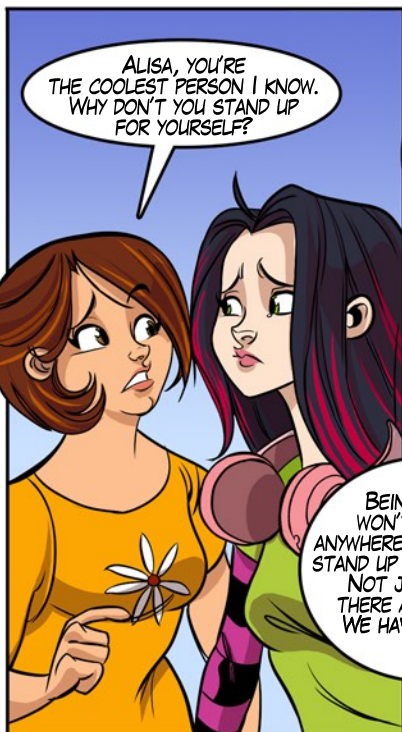
I THINK WE'RE ALL RESPONSIBLE BECAUSE WE SAW THINGS THAT WEREN'T RIGHT, YET WE TURNED AROUND AND ACTED AS IF NOTHING HAPPENED. WE SHOULD HAVE TOLD OUR TEACHER OR PRINCIPAL ABOUT IT.



CUT IT OUT BRO! YOU'RE AS GUILTY AS HIM BECAUSE YOU ENTICED HIM TO CONTINUE BULLYING. DON'T THINK YOU'RE OFF THE HOOK.

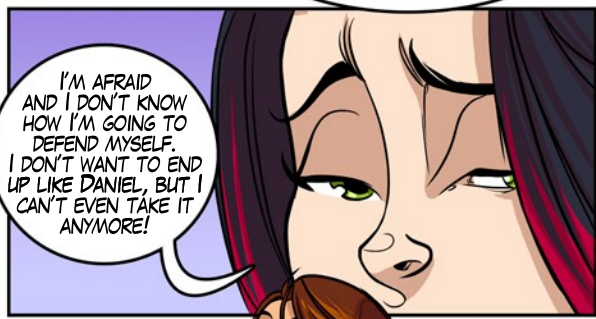


ARE YOU KIDDING ME? I WASN'T GOING TO SAY ANYTHING! WHAT IF THEY COME AT ME NOW? THESE KIDS ARE SO CRUEL, AND THEY ALREADY HARASS ME ALL THE TIME, AND I DON'T WANT MORE OF THAT.



ALISA, YOU'RE THE COOLEST PERSON I KNOW. WHY DON'T YOU STAND UP FOR YOURSELF?

BEING AFRAID WON'T GET YOU ANYWHERE. YOU NEED TO STAND UP FOR YOURSELF. NOT JUST STAND THERE AND TAKE IT. WE HAVE TO STOP THIS!



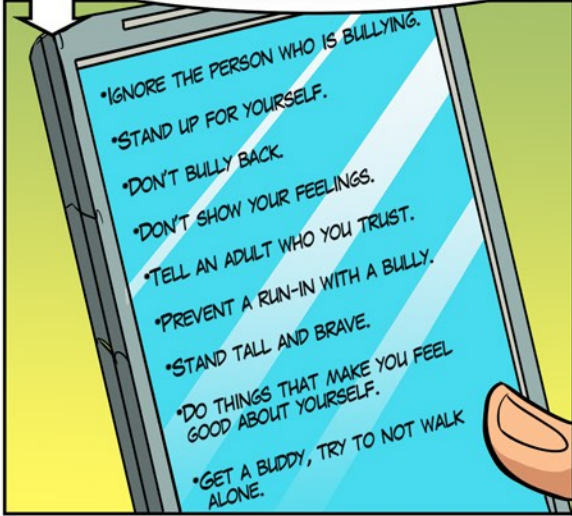
I'M AFRAID AND I DON'T KNOW HOW I'M GOING TO DEFEND MYSELF. I DON'T WANT TO END UP LIKE DANIEL, BUT I CAN'T EVEN TAKE IT ANYMORE!



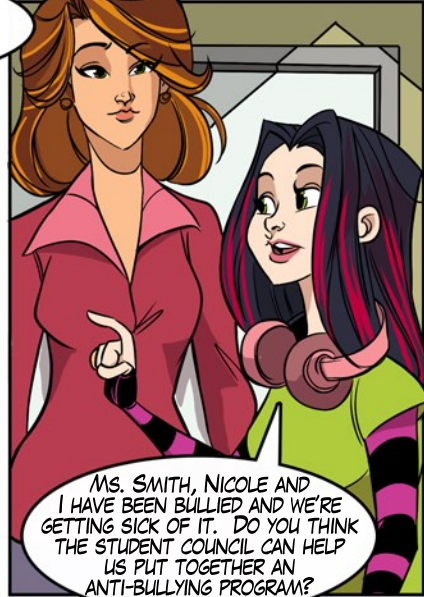
I'VE BEEN PUSHED AROUND FOR TOO LONG AND I WANT TO DO SOMETHING ABOUT IT. I WANT TO BE PROUD AND BE MYSELF.



HEY GIRLS, SORRY TO JUMP IN, BUT I HEARD WHAT YOU SAID AND I THINK I CAN HELP YOU. MY FRIENDS FROM SOFTBALL WERE LIKE TALKING ABOUT THIS, AND THEY SHOWED ME THIS WEBSITE THAT SAYS HOW TO RESPOND TO BULLYING.



- \*IGNORE THE PERSON WHO IS BULLYING.
- \*STAND UP FOR YOURSELF.
- \*DON'T BULLY BACK.
- \*DON'T SHOW YOUR FEELINGS.
- \*TELL AN ADULT WHO YOU TRUST.
- \*PREVENT A RUN-IN WITH A BULLY.
- \*STAND TALL AND BRAVE.
- \*DO THINGS THAT MAKE YOU FEEL GOOD ABOUT YOURSELF.
- \*GET A BUDDY, TRY TO NOT WALK ALONE.



MS. SMITH, NICOLE AND I HAVE BEEN BULLIED AND WE'RE GETTING SICK OF IT. DO YOU THINK THE STUDENT COUNCIL CAN HELP US PUT TOGETHER AN ANTI-BULLYING PROGRAM?



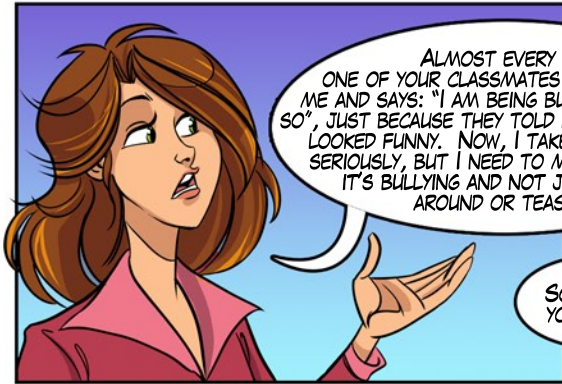
ANTI-BULLYING PROGRAM? THAT'S A GREAT IDEA! NOW TELL ME WHAT'S GOING ON, GIRLS. I WANT TO MAKE SURE YOU UNDERSTAND THE DIFFERENCE BETWEEN BEING BULLIED AND JUST BEING TEASED BY SOMEONE.

BULLIED, TEASED, HARASSED, BEING BUGGED, IT'S ALL THE SAME THING.



AS MUCH AS IT MAY SOUND THE SAME, IT'S ALL VERY DIFFERENT.





ALMOST EVERY DAY ONE OF YOUR CLASSMATES COMES UP TO ME AND SAYS: "I AM BEING BULLIED BY SO AND SO", JUST BECAUSE THEY TOLD HER THAT HER HAIR LOOKED FUNNY. NOW, I TAKE BULLYING VERY SERIOUSLY, BUT I NEED TO MAKE SURE THAT IT'S BULLYING AND NOT JUST PLAYING AROUND OR TEASING.



SO HOW DO YOU KNOW?

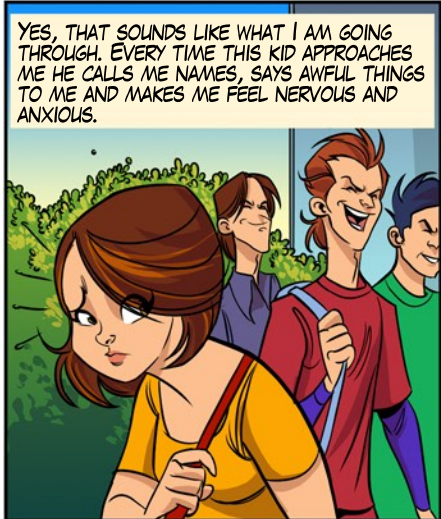
### ASK YOURSELF THE FOLLOWING:

DO THEY DO IT REPEATEDLY, ON PURPOSE?

DO THEY SAY HURTFUL THINGS TO YOU WHEN YOU CAN'T DEFEND YOURSELF?

DOES IT MAKE YOU UNCOMFORTABLE TO BE AROUND THEM ALL THE TIME?

DO THEY REPEATEDLY TAKE YOUR THINGS OR OFTEN HIT OR BUMP INTO YOU?



YES, THAT SOUNDS LIKE WHAT I AM GOING THROUGH. EVERY TIME THIS KID APPROACHES ME HE CALLS ME NAMES, SAYS AWFUL THINGS TO ME AND MAKES ME FEEL NERVOUS AND ANXIOUS.



HOW LONG HAS THIS BEEN GOING ON FOR?

A YEAR OR... TWO... SINCE I STARTED JUNIOR HIGH.



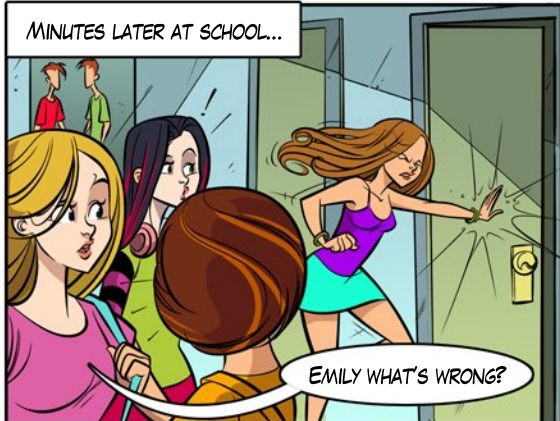
HAVE YOU TALKED TO YOUR PARENTS ABOUT IT?

THEY WOULDN'T UNDERSTAND, THEY DON'T KNOW HOW DIFFICULT IT IS TO BE IN HIGH SCHOOL.

WHY DON'T YOU GUYS GO ASK YOUR PARENTS IF THEY WENT THROUGH THIS AT SCHOOL? I THINK YOU'LL BE SURPRISED BY HOW MUCH YOU CAN RELATE TO THEM. LET'S TALK TOMORROW ABOUT HOW WE CAN MAKE THIS ANTI-BULLYING PROGRAM WORK.

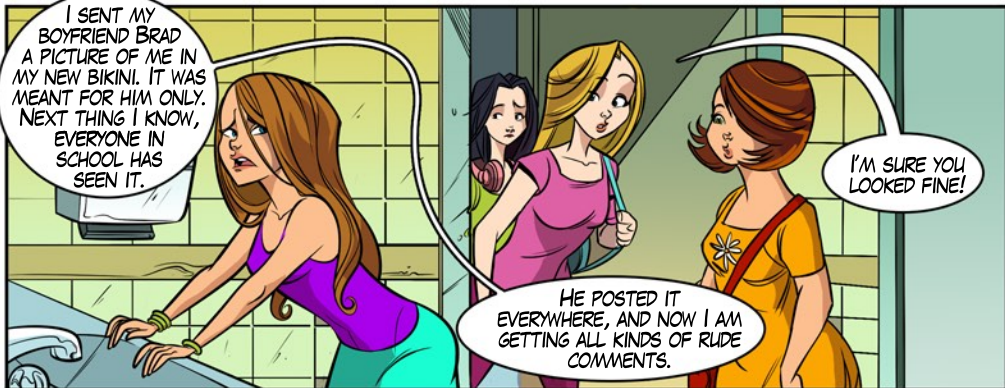


MINUTES LATER AT SCHOOL...



EMILY WHAT'S WRONG?

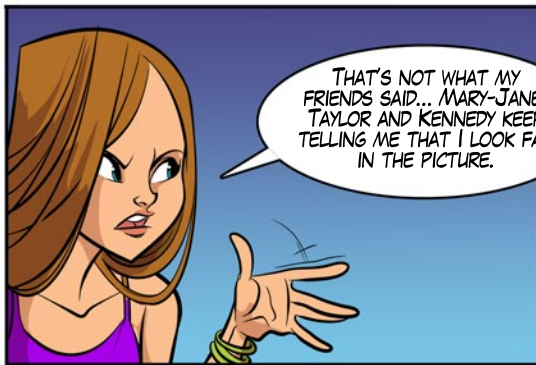
I SENT MY BOYFRIEND BRAD A PICTURE OF ME IN MY NEW BIKINI. IT WAS MEANT FOR HIM ONLY. NEXT THING I KNOW, EVERYONE IN SCHOOL HAS SEEN IT.



I'M SURE YOU LOOKED FINE!

HE POSTED IT EVERYWHERE, AND NOW I AM GETTING ALL KINDS OF RUDE COMMENTS.

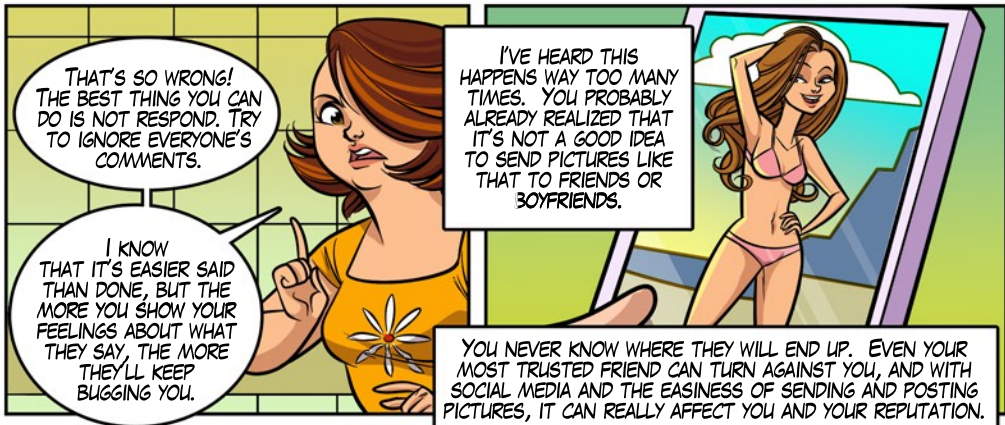
THAT'S NOT WHAT MY FRIENDS SAID... MARY-JANE, TAYLOR AND KENNEDY KEEP TELLING ME THAT I LOOK FAT IN THE PICTURE.



THEY SAY THEY DON'T EVEN WANT TO HANG OUT WITH ME ANYMORE BECAUSE IT'S EMBARRASSING.



THEN BRAD AND HIS FRIENDS STARTED MAKING FUN OF ME AND TEXTING ME ALL THESE NASTY THINGS. I ONLY SENT IT TO BRAD BECAUSE I LOVE HIM; IT WASN'T MEANT FOR ANYONE ELSE TO SEE IT.

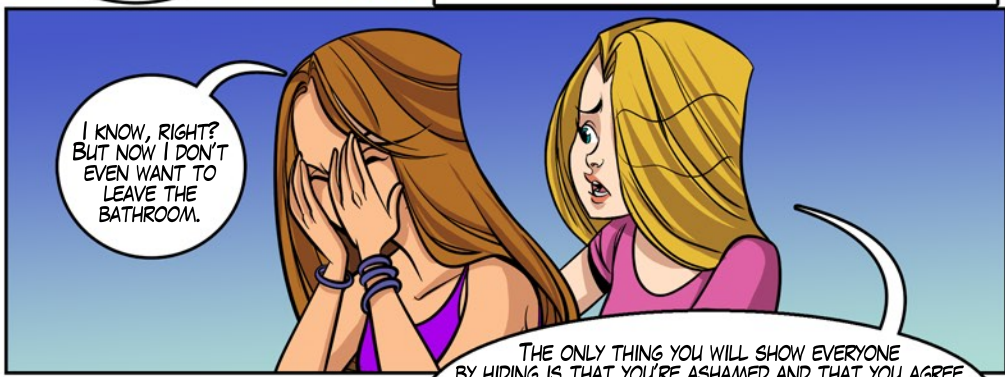


THAT'S SO WRONG!  
THE BEST THING YOU CAN  
DO IS NOT RESPOND. TRY  
TO IGNORE EVERYONE'S  
COMMENTS.

I'VE HEARD THIS  
HAPPENS WAY TOO MANY  
TIMES. YOU PROBABLY  
ALREADY REALIZED THAT  
IT'S NOT A GOOD IDEA  
TO SEND PICTURES LIKE  
THAT TO FRIENDS OR  
BOYFRIENDS.

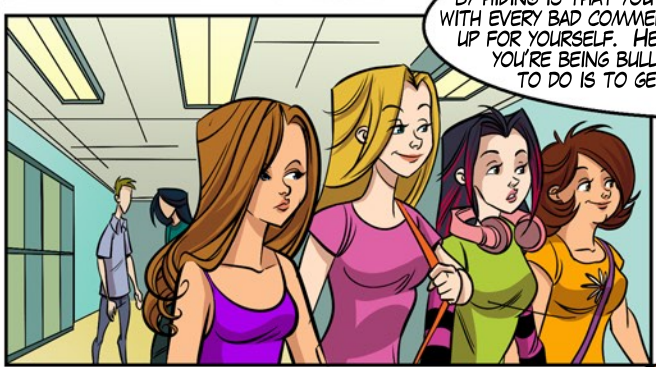
I KNOW  
THAT IT'S EASIER SAID  
THAN DONE, BUT THE  
MORE YOU SHOW YOUR  
FEELINGS ABOUT WHAT  
THEY SAY, THE MORE  
THEY'LL KEEP  
BUGGING YOU.

YOU NEVER KNOW WHERE THEY WILL END UP. EVEN YOUR  
MOST TRUSTED FRIEND CAN TURN AGAINST YOU, AND WITH  
SOCIAL MEDIA AND THE EASINESS OF SENDING AND POSTING  
PICTURES, IT CAN REALLY AFFECT YOU AND YOUR REPUTATION.

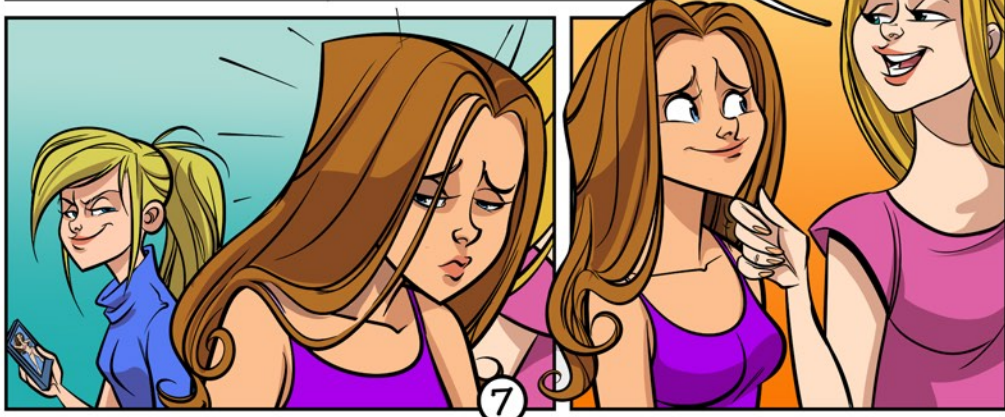


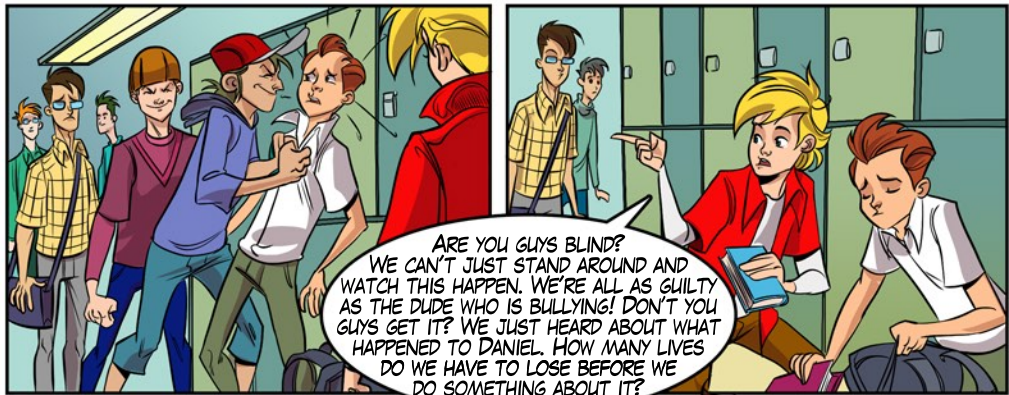
I KNOW, RIGHT?  
BUT NOW I DON'T  
EVEN WANT TO  
LEAVE THE  
BATHROOM.

THE ONLY THING YOU WILL SHOW EVERYONE  
BY HIDING IS THAT YOU'RE ASHAMED AND THAT YOU AGREE  
WITH EVERY BAD COMMENT. YOU HAVE TO BE BRAVE, STAND  
UP FOR YOURSELF. HERE, WE'VE GOT YOUR BACK. WHEN  
YOU'RE BEING BULLIED, ONE OF THE BEST THINGS  
TO DO IS TO GET BUDDIES TO BACK YOU UP.



EMILY, LOOK UP!  
BE BRAVE! SHOW YOUR  
COURAGE AND WALK WITH  
PRIDE!





ARE YOU GUYS BLIND? WE CAN'T JUST STAND AROUND AND WATCH THIS HAPPEN. WE'RE ALL AS GUILTY AS THE DUDE WHO IS BULLYING! DON'T YOU GUYS GET IT? WE JUST HEARD ABOUT WHAT HAPPENED TO DANIEL. HOW MANY LIVES DO WE HAVE TO LOSE BEFORE WE DO SOMETHING ABOUT IT?



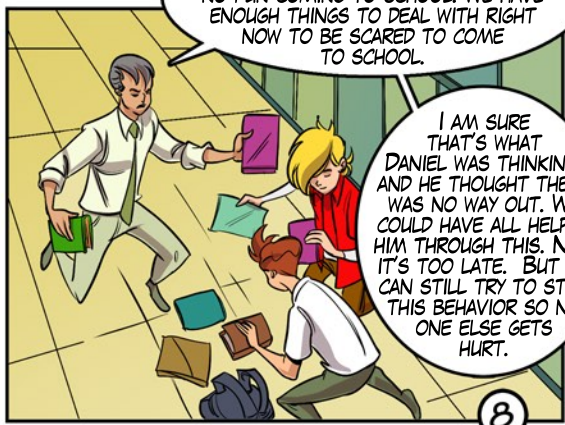
WHAT'S GOING ON?

OH NOTHING, EVERYTHING IS UNDER CONTROL.



REALLY? NOTHING? COME ON GUYS! IF WE DON'T SAY ANYTHING ABOUT ALL THE BULLYING THAT HAS BEEN GOING ON AT SCHOOL, IT'LL NEVER STOP.

I HAVE ENOUGH PROBLEMS TRYING TO AVOID ALL THOSE GUYS THAT KEEP BOTHERING ME OVER AND OVER, ESPECIALLY ON THE BUS. THE LAST THING I WANT IS TO GET INTO MORE PROBLEMS.

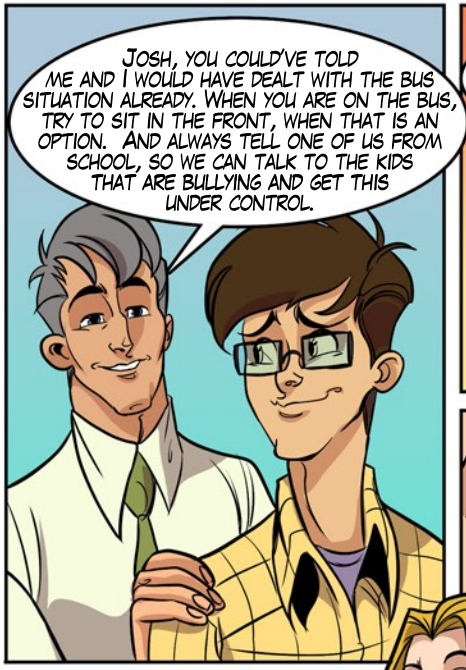


YOU KNOW, THIS SITUATION MAKES US ALL VERY UNCOMFORTABLE. IT'S NO FUN COMING TO SCHOOL. WE HAVE ENOUGH THINGS TO DEAL WITH RIGHT NOW TO BE SCARED TO COME TO SCHOOL.

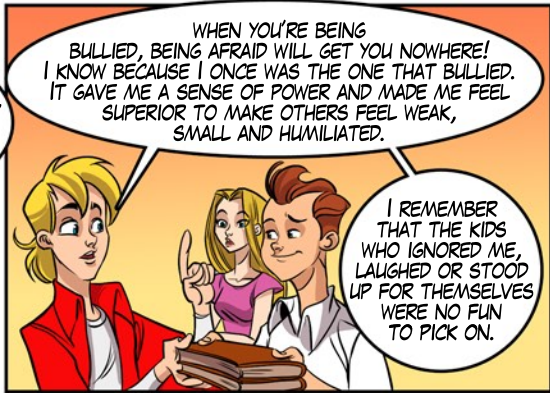
I AM SURE THAT'S WHAT DANIEL WAS THINKING, AND HE THOUGHT THERE WAS NO WAY OUT. WE COULD HAVE ALL HELPED HIM THROUGH THIS. NOW IT'S TOO LATE. BUT WE CAN STILL TRY TO STOP THIS BEHAVIOR SO NO ONE ELSE GETS HURT.





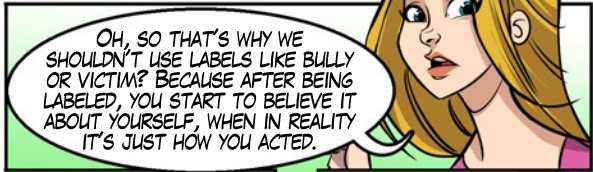


JOSH, YOU COULD'VE TOLD ME AND I WOULD HAVE DEALT WITH THE BUS SITUATION ALREADY. WHEN YOU ARE ON THE BUS, TRY TO SIT IN THE FRONT, WHEN THAT IS AN OPTION. AND ALWAYS TELL ONE OF US FROM SCHOOL, SO WE CAN TALK TO THE KIDS THAT ARE BULLYING AND GET THIS UNDER CONTROL.

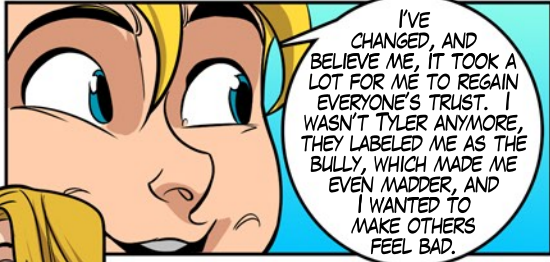


WHEN YOU'RE BEING BULLIED, BEING AFRAID WILL GET YOU NOWHERE! I KNOW BECAUSE I ONCE WAS THE ONE THAT BULLIED. IT GAVE ME A SENSE OF POWER AND MADE ME FEEL SUPERIOR TO MAKE OTHERS FEEL WEAK, SMALL AND HUMILIATED.

I REMEMBER THAT THE KIDS WHO IGNORED ME, LAUGHED OR STOOD UP FOR THEMSELVES WERE NO FUN TO PICK ON.



OH, SO THAT'S WHY WE SHOULDN'T USE LABELS LIKE BULLY OR VICTIM? BECAUSE AFTER BEING LABELED, YOU START TO BELIEVE IT ABOUT YOURSELF, WHEN IN REALITY IT'S JUST HOW YOU ACTED.



I'VE CHANGED, AND BELIEVE ME, IT TOOK A LOT FOR ME TO REGAIN EVERYONE'S TRUST. I WASN'T TYLER ANYMORE, THEY LABELED ME AS THE BULLY, WHICH MADE ME EVEN MADDER, AND I WANTED TO MAKE OTHERS FEEL BAD.

SO TRUE! I THEN REALIZED THAT I WAS LOSING MY GOOD FRIENDS, AND I WAS SURROUNDING MYSELF WITH ALL THE TROUBLEMAKERS. I WAS REALLY CLOSE TO GETTING KICKED OUT SCHOOL, FOOTBALL AND ALMOST LOST THE OPPORTUNITY TO GO TO COLLEGE. NOW I JUST TRY TO DO THE BEST I CAN, GET TO KNOW PEOPLE AND HELP OTHERS.



THE STUDENT COUNCIL IS PUTTING TOGETHER AN ANTI-BULLYING PROGRAM. IT WOULD BE GREAT IF YOU HELPED US WITH THAT. TOGETHER WE CAN GET THIS PROGRAM GOING AND CREATE A SAFE ENVIRONMENT FOR EVERYONE.



BULLYING AFFECTS EVERYONE. I CAN'T EVEN IMAGINE WHAT DANIEL'S FAMILY AND FRIENDS ARE GOING THROUGH. THEIR LIFE WILL NEVER BE THE SAME, NOR WILL OURS. I BELIEVE IT'S OUR RESPONSIBILITY AS A SCHOOL TO TURN THIS AROUND. WE CAN WORK TOGETHER AND TEACH OUR FRIENDS TO FIGHT AGAINST BULLYING.





DO YOU GUYS WANT TO HELP?

SURE, WHY NOT?



ALISA, IS THAT A CUT YOU HAVE ON YOUR ARM? WHAT HAPPENED? DID SOMEONE DO THIS TO YOU?



I DID THESE TO MYSELF!

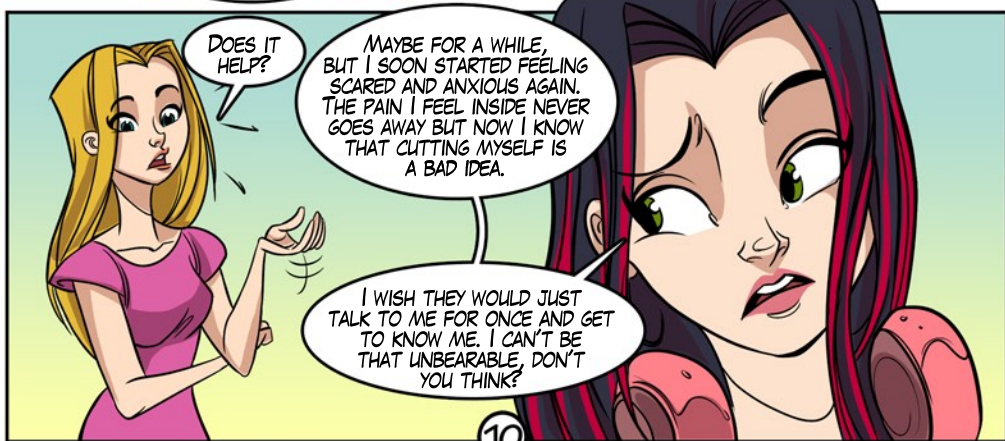
HOW EMBARRASSING! I DIDN'T WANT ANYONE TO FIND OUT ABOUT THIS.

BUT WHY WOULD YOU DO SOMETHING LIKE THAT?

IT'S NOT EASY BEING ME! KIDS ALWAYS MAKE FUN OF ME. THEY'VE CALLED ME CREEPY, WORTHLESS, FREAK, GROSS... YOU NAME IT. AFTER A WHILE, I WAS STUPID ENOUGH TO BELIEVE IT AND SO I STARTED TO CUT MYSELF.



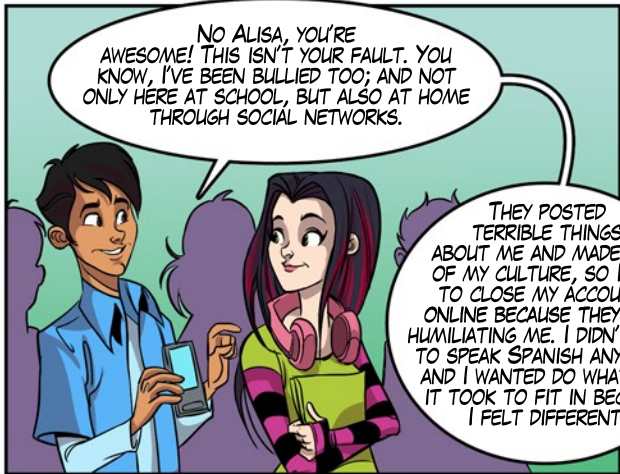
IN A WAY BECAUSE I FELT I DESERVED IT FOR BEING ME, BUT I ALSO DID IT BECAUSE I FELT IT WAS MY WAY OF DEALING WITH THE PAIN.



DOES IT HELP?

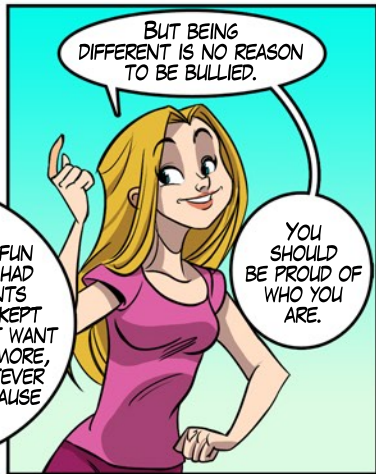
MAYBE FOR A WHILE, BUT I SOON STARTED FEELING SCARED AND ANXIOUS AGAIN. THE PAIN I FEEL INSIDE NEVER GOES AWAY BUT NOW I KNOW THAT CUTTING MYSELF IS A BAD IDEA.

I WISH THEY WOULD JUST TALK TO ME FOR ONCE AND GET TO KNOW ME. I CAN'T BE THAT UNBEARABLE, DON'T YOU THINK?



NO ALISA, YOU'RE AWESOME! THIS ISN'T YOUR FAULT. YOU KNOW, I'VE BEEN BULLIED TOO; AND NOT ONLY HERE AT SCHOOL, BUT ALSO AT HOME THROUGH SOCIAL NETWORKS.

THEY POSTED TERRIBLE THINGS ABOUT ME AND MADE FUN OF MY CULTURE, SO I HAD TO CLOSE MY ACCOUNTS ONLINE BECAUSE THEY KEPT HUMILIATING ME. I DIDN'T WANT TO SPEAK SPANISH ANYMORE, AND I WANTED DO WHATEVER IT TOOK TO FIT IN BECAUSE I FELT DIFFERENT.



BUT BEING DIFFERENT IS NO REASON TO BE BULLIED.

YOU SHOULD BE PROUD OF WHO YOU ARE.

IT REALLY HELPED ME THAT I REACHED OUT TO MY PARENTS. THEY SUPPORTED ME AND GOT ME THE HELP I NEEDED TO MOVE FORWARD. I LEARNED HOW TO EXPRESS MY FEELINGS INSTEAD OF KEEPING THEM INSIDE. I ALSO TALKED WITH MY TEACHER, WHO HELPED ME DEAL WITH THIS PROBLEM. JUST THINK ABOUT IT...



BUT HEY, I SHOULD BE ABLE TO TAKE CARE OF THIS ON MY OWN.

THAT'S WHAT YOU THINK, BUT THERE ARE BATTLES YOU CAN'T FIGHT ALONE.



YOU CAN'T GET HELP IF YOUR PARENTS, TEACHERS OR EVEN AN ADULT YOU CAN TRUST, DON'T KNOW ABOUT IT.

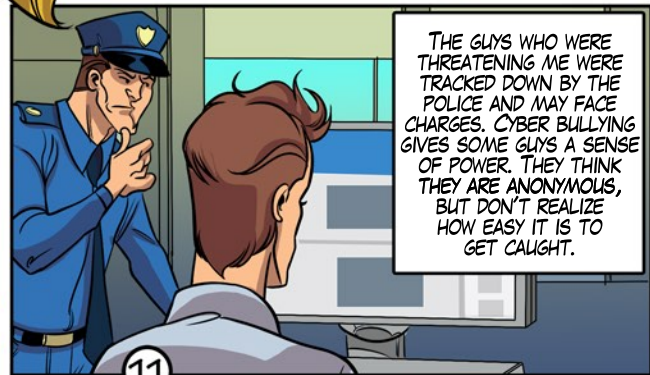


YOU MAY THINK OTHERWISE, BUT THERE ARE LOTS OF PEOPLE THAT CARE ABOUT YOU WHO WOULD BE HAPPY TO HELP. IT'S ALWAYS IMPORTANT TO SHARE THIS WITH AN ADULT OR A COUNSELOR YOU TRUST.



SO TELL US CARLOS...

WHAT HAPPENED WITH THE THREATS YOU RECEIVED ONLINE?



THE GUYS WHO WERE THREATENING ME WERE TRACKED DOWN BY THE POLICE AND MAY FACE CHARGES. CYBER BULLYING GIVES SOME GUYS A SENSE OF POWER. THEY THINK THEY ARE ANONYMOUS, BUT DON'T REALIZE HOW EASY IT IS TO GET CAUGHT.



I THINK WE ARE MAKING GREAT STRIDES JUST CHATTING HERE. IMAGINE WHAT WE CAN DO TOGETHER.

WE CAN HELP SO MANY FRIENDS, NOT ONLY IN OUR SCHOOL, BUT IN OTHER SCHOOLS AS WELL.



A WEEK LATER...



HEY MAN!

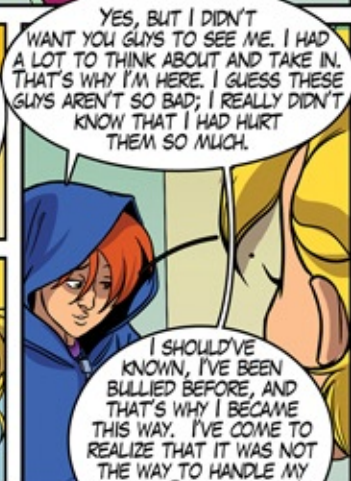
WHAT MISCHIEF HAVE YOU BEEN GETTING INTO LATELY?



I'VE BEEN THINKING ABOUT ALL THAT YOU SAID THE OTHER DAY....



WAIT, YOU WERE LISTENING WHEN WE WERE TALKING TO ALISA AND CARLOS?



YES, BUT I DIDN'T WANT YOU GUYS TO SEE ME. I HAD A LOT TO THINK ABOUT AND TAKE IN. THAT'S WHY I'M HERE. I GUESS THESE GUYS AREN'T SO BAD; I REALLY DIDN'T KNOW THAT I HAD HURT THEM SO MUCH.

I SHOULD'VE KNOWN, I'VE BEEN BULLIED BEFORE, AND THAT'S WHY I BECAME THIS WAY. I'VE COME TO REALIZE THAT IT WAS NOT THE WAY TO HANDLE MY ANGER. BULLYING DIDN'T MAKE ME STRONGER.



I SAW WHAT HAPPENED TO DANIEL. I HAVE SO MUCH GUILT AND I DON'T WANT TO HURT ANYONE ANYMORE. HELP ME, PLEASE.

YOU'VE BEEN THROUGH THIS, YOU TURNED YOUR LIFE AROUND AND NOW EVERYONE LIKES YOU.



WAY TO TALK MAN! WE DO HAVE A LOT OF GROUND TO COVER TO CONVERT THIS SCHOOL INTO A NO-BULLYING ZONE. WE CAN USE ALL THE HELP WE CAN GET. LET'S GO TELL THE OTHERS.



Banner Children's

Banner Children's Injury Prevention Program

For additional support, please visit us at:

[Bannerchildrens.com/antibully](http://Bannerchildrens.com/antibully)

480-412-KIDS(5437)

COPYRIGHT © 2014, STORNIAMICS LLC.

ALL RIGHTS RESERVED, NO PART OF THIS PUBLICATION MAY BE REPRODUCED, STORED IN A RETRIEVAL SYSTEM, OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC, MECHANICAL, PHOTOCOPYING, RECORDING OR OTHERWISE, WITHOUT THE PRIOR PERMISSION OF STORNIAMICS.

